



# Parent Update

A Newsletter for Families of Those Residing at the  
Southwestern Virginia Training Center

## Annual Parent & Associates Advocates Council Potluck Picnic

The Annual PAAC picnic was a great success again this year. Everyone had a lot of fun visiting with each other and eating all of that delicious food. Susie Spraker filled everyone in on her new project, *Money Follows the Person*. Dr. Woods said a few encouraging words and introduced Abby Adkins, the new Volunteer Services Director. Thanks again to everyone for making this another wonderful picnic.

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### Special points of interest:

- \* Money Follows  
the Person  
Highlights
- \* Help for Parents  
and Associates  
Advocate Council  
(PAAC)

Dr Woods giving an  
SWVTC update.



Matt W. and his mom smiling for the camera.



John S. with his mom and sister-in-law.



David F. and his family.

# What's Happening at SWVTC

## SWVTC opens a Store at the Farmers Market

On September 2nd the individuals at SWVTC officially opened their own store at the Southwest Virginia Farmer's Market. They are primarily selling items they have made such as dog treats, bows, bird-houses, wreaths, and other handmade crafts. They are open Monday thru Saturday 8:30-3:30pm.



Left: Mona and Robin work on painting items to sell at the Farmer's Market.



Right: Kenny D. poses in front of some beautiful handmade birdhouses.

## Window Washing At SWVTC



Kevin W.

Some people helped out the Housekeeping Department by washing windows in September.



James R. is working hard to get that window clean.



Nobel P. poses for the camera



Keep up the good work!!

## Work Program experiences Record Month

Individuals of Building 12 and Cottage 7A have been working at the Southwest Virginia Farmer's Market for about a year now making boxes for shipping broccoli. The month of August was the best month ever-SWVTC made 5200 boxes which will hold about 74,000 heads of broccoli or 110,000 pounds. Now that's a lot of broccoli. So the next time you buy broccoli, just think- someone who lives at SWVTC may have made the box it was delivered in!!!



## SWVTC Welcomes Abby Adkins as the New Volunteer Services Director

By Tracy Burcham, Executive Secretary

The Administration Department is very pleased to welcome Abby Adkins as the new Volunteer Services Director at SWVTC. Abby comes to us from the National Park Service where she served as a Park Ranger. She lives in Galax with her husband, Greg who is a Federal law enforcement officer and their two beautiful children, her son, Tyler, who is 6 years old and attends Oakland School and her daughter, Brooklyn is 10 months old.

Abby graduated from Mountain State University in 2003 with a BS in Culinary Arts/Restaurant Management. Originally from Hinton, WV; it didn't take long for Abby to realize that working with chefs wasn't all it was cracked up to be. Five years ago, she and her husband were hired by the National Park Service and served in three different duty locations including Independence National Historical Park, Manassas National Battlefield and the Blue Ridge Parkway. While in Manassas she was one of three Park Rangers that were in charge of 460 volunteers.

When they relocated to Galax to work on the Blue Ridge Parkway there was only a part-time job opportunity due to budget cuts. Abby knew this job was the one for her as soon as she read the posting in the newspaper. We believe she will only strengthen and enlarge the volunteer services we have here and we can't wait to see what she comes up with first!



## Money Follows the Person

*Money Follows the Person honors the wishes of individuals with disabilities to have:*

- \* *their own lives.*
- \* *their own choices.*
- \* *their own homes.*

SWVTC would like families to know more about the *Money Follows the Person* Program. Individuals living at SWVTC and their families will have the opportunity to voluntarily request and then must consent to participation in the program. A participant in the program will have the opportunity to transition into a qualified home of a family member or other residence that meets the needed specifications. This residence will honor the wishes of the participants to have : their own lives, their own choices, and their own homes.

Keep in mind "Person-Centered" transition planning means that the individual's needs and preferences are the foundation of the plan. The plan takes into account all resources and services that may be needed or preferred. For more information please contact Susie Spraker at 276-236-3121 ext. 267

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**LIFE at SWVTC**

**VISION:** Living  
Independently and  
Functionally Everyday

**MISSION:** Support Work  
Value Teach Communicate

**HELP FOR PARENTS AND ASSOCIATES ADVOCATE  
COUNCIL (PAAC)**

**OUR GROUP NEEDS YOUR HELP! IS ANYONE INTERESTED  
IN SERVING AS PRESIDENT OF THE SWVTC PAAC? THE DU-  
TIES INCLUDE CHAIRING PAAC MEETINGS AND OCCASION-  
ALLY REPRESENTING PAAC AT MEETINGS OR WRITING LET-  
TERS ON BEHALF OF THE MEMBERSHIP. THE PERSON WHO  
SERVES IN THIS POSITION WILL HAVE ASSISTANCE FROM  
THE FACILITY WHENEVER NEEDED. PLEASE CONTACT YOUR  
SOCIAL WORKER IF YOU ARE INTERESTED.**

**WE NEED YOUR HELP!!**



**A Note from Abby**

New Volunteer Services Director

I am looking forward to the exciting new challenges of my position here at SWVTC. I will be working diligently to enhance each individual's quality of life through community involvement and community partners who are essential to the enrichment of their everyday lives. I have been told so much about the amazing family, staff, and community support we are privileged to have here at the center. **THANK YOU!** If you have any thoughts or concerns please let me know. I am looking forward to working with all of you!! Thank you once again for your wonderful support. —Abby Adkins

